

**ANNEX C**

**2004 German Armed Forces Proficiency Badge  
EVENTS LIST (Subject to Change)**

No	Sport events	Gender	Age Group				
			1 18-29	2 30-39	3 40-44	4 45-49	5 50-54
<b>1</b>	<b>200m Swim</b>	male	6:00	7:00	7:30	8:00	8:30
	(min)	<i>female</i>	7:00	8:00	9:00	9:30	10:00
<b>2</b>	<b>100m Dash</b>	male	13.4	14.0	14.5	16.0	17.0
	(sec)	<i>female</i>	16.0	17.0	18.5	20.0	21.0
ALT	<b>1000 m Run</b>	male	3:40	4:10	4:30	4:45	5:00
	(min)	<i>female</i>	5:30	6:00	6:40	7:00	7:20
<b>3</b>	<b>Long Jump</b>	male	4.75	4.50	4.25	4.00	3.80
	(m)	<i>female</i>	3.50	3.25	3.00	2.90	2.80
ALT	<b>High Jump</b>	male	1.35	1.30	1.25	1.15	1.05
	(m)	<i>female</i>	1.10	1.05	1.00	0.95	0.90
<b>4</b>	<b>Shot Put</b>	male	8.00 (7.25 Kg)	7.75 (7.25 Kg)	7.50 (7.25 Kg)	7.25 (7.25 Kg)	7.25 (6.25 Kg)
	(m)	<i>female</i>	6.75 (4 kg)	6.25 (4 kg)	6.00 (4 kg)	5.75 (4 kg)	5.75 (3 kg)
ALT	<b>Stone Throw- (15kg left and right)</b>	male	9.00	8.75	8.50	8.00	7.75
	(m)	<i>female</i>	N/A	N/A	N/A	N/A	N/A
<b>5</b>	<b>3000m Run</b>	male	13:00	14:30	16:00	17:30	19:00
	(min)	<i>female</i>	N/A	N/A	N/A	N/A	N/A
	<b>2000m Run</b>	male	N/A	N/A	N/A	N/A	N/A
	(min)	<i>female</i>	12:00	13:00	14:00	15:00	16:00
ALT	<b>1000m Swim</b>	male	26:00	28:00	30:00	32:00	34:00
	(min)	<i>female</i>	28:00	30:00	32:00	34:00	36:00

No	Road March	Gender	Age Group		
			1 18-29	2 30-44	3 45-59
	<b>BRONZE</b> (hrs/min)	male	<b>12.5 mi / 20 km 3:20</b>	<b>11.2 mi / 18 km 3:00</b>	<b>9.3 mi / 15 km 2:30</b>
		<i>female</i>	<b>11.2 mi / 18 km 3:00</b>	<b>9.3 mi / 15 km 2:30</b>	<b>6.2 mi / 10 km 1:40</b>
			1 18-29	2 30-44	3 45-59
	<b>SILVER</b> (hrs/min)	male	<b>15.6 mi / 25 km 4:10</b>	<b>12.5 mi / 20 km 3:20</b>	<b>11.2 mi / 18 km 3:00</b>
		<i>female</i>	<b>12.5 mi / 20 km 3:20</b>	<b>11.2 mi / 18 km 3:00</b>	<b>9.3mi / 15 km 2:30</b>
			1 18-29	2 30-44	3 45-59
	<b>GOLD</b> (hrs/min)	male	<b>18.7 mi / 30 km 5:00</b>	<b>15.6 mi / 25 km 4:10</b>	<b>12.5 mi / 20 km 3:20</b>
		<i>female</i>	<b>15.6 mi / 25 km 4:10</b>	<b>12.5 mi / 20 km 3:20</b>	<b>11.2 mi / 18 km 3:00</b>

### Shooting:

<b>Pistol (9mm)</b>	
Rounds :	5
Distance :	25m / 27.35 yd
Position	standing, unsupported
Target :	3 silhouette targets, 1st shot double action
Result:	Hit 3 out of 5 = Bronze Hit 4 out of 5 = Silver Hit 5 out of 5 = Gold

## **GENERAL EVENT RULES**

1. Applicants must be a service member of the United States Military on Active Duty, National Guard, or Reserve. Soldiers from AIT/IET will not be allowed to participate in this event.
2. Participants will have an overall good military record, with no suspension of favorable actions.
3. All Army, Post, and Unit safety rules and regulation are applicable during the GAFPB. All participants are considered Safety Advisors for the duration of the GAFPB and are required to stop and report any unsafe act.

## **GAFPB RULES**

1. Each participant must pass all events in order to be awarded a badge and certificate. If a participant fails any event, he/she is still welcome and encouraged to complete the rest of the GAFPB. Participants that fail to meet the GOLD or SILVER badge requirements during the road-march may still qualify for next lowest level based on time at Silver or Bronze standards. For example, participant qualifies for Gold badge on pistol range and passes all events but does not complete road-march to Gold standard but did meet standards for Silver; he/she will be awarded Silver badge.
2. No re-tests will be allowed for failures on any event. Special circumstances will be brought to the GAFPB OIC for consideration. Participants that fail an event may test on an alternate event if one is available. An example is if someone fails the 100m dash, he/she can test on the 1000M run, which is an alternate event. Alternate events are listed in Annex C.
3. The GAFPB OIC's guidance on any aspect of the event is considered final and not open to discussion.
4. GAFPB Participants must adhere to the event uniform and equipment standards at all times.

## **EVENT SPECIFIC RULES**

1. During the swim events, you may use any Olympic style or stroke (i.e. backstroke, freestyle, butterfly; side-stroke will not be permitted), but you may NOT touch the bottom or hang onto the sides of the pool once the event begins. No swimming aids (floats, buoys, hand paddles, etc...) are allowed. Proper uniform is a swimming suit. Swimming goggles are allowed. You must be able to swim prior to this competition.
2. In the long jump, high jump, shot put, and stone throw, participants will have only three attempts to pass each event. All field events will be graded in accordance with USATF.

3. For the high jump event, all participants must use Olympic style form to clear the bar. Participants must push off with one foot. The “head dive” or “standing leap” style may NOT be used. Please make sure that all contestants are perfectly clear on which style they can use.

4. For the 9mm range, all participants will be given 15 rounds to fire. They will fire 3 series of 5 rounds with the best series being their qualification. Participants will fire at three targets and must put one round in each target at a minimum for the Bronze. Same applies to Silver and Gold but rounds 4 and 5 can be placed in any target as long as each target has a minimum of one round hit in each target. This will be visually explained at the range in-brief.